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Winnipeg metro

Your essential daily news | TUESDAY, JULY 21, 2015 | High 25°C/Low 15°C Sunny

THINGS THAT ARE NOT GYM-DANDY

metroLIFE

'It's very brazen'

A man has been arrested after he allegedly smashed a moving truck into five police cars on Princess Street then led police and RCMP on a high-speed chase that ended near Portage la Prairie. Story, metroNEWS. COLIN FAST/FOR METRO

Profs call for report to play into politics

FIRST NATIONS

Petition says parties have 'duty' to act on aboriginal issues

A petition that calls on all political parties to incorporate the recommendations of the Truth and Reconciliation Commission into their election platforms has more than 1,200 signatures.

The petition, spearheaded by three professors at the University of Manitoba, calls it a "crucial moment in Canadian history."

It calls on governments of all levels to recognize the harm done by residential schools and acknowledge their "genocidal character."

The petition notes the work that went into the commission and calls on all Canadians to reflect deeply on its findings.

The commission visited hundreds of communities and heard testimony from 7,000 residential school survivors, including graphic details of rampant sexual and physical abuse. One of the report's recommendations was to hold an inquiry on missing and murdered aboriginal women.

"We have a duty to ensure that in light of its recommendations, Canada is transformed in such a way that justice for (and with) aboriginal peoples and nations is achieved," the petition reads.

Andrew Woolford, a sociology professor at the University of Manitoba who helped draft the petition, said it has been signed by Canadians from every province and territory — as well as others around the globe — and is ready to be sent to all political parties. THE CANADIAN PRESS

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metro NEWS

Your essential daily news

Breaking Bad actor Steven Michael Quezada is running for county commissioner in Albuquerque, N.M.

COURT

Suspected terrorist awaits trial date

A Winnipeg man suspected of planning terrorist activities is still waiting to find out when his case will go to court.

Aaron Driver, 23, is not accused of any crime.

Federal authorities are seeking a peace bond — a court order that would limit his activities for one year on the suspicion he might help or engage in terrorist activities.

A date for the hearing has not been set and Driver is challenging the peace bond application under the Charter of Rights.

Lawyers for Driver and the Crown appeared briefly in court Monday and are scheduled to return Aug. 17.

For now, Driver remains out on bail and faces several restrictions, including a ban on the use of social media.

Over years of online postings, Driver has left a deep footprint on social media sites. Writing under the pseudonym "Harun Danyal," a play on Driver's first and middle names, he has referred to non-Muslims as "enemies," posted a link to a guide for aspiring jihadists trying to get to Syria, called for Shia Muslims to be wiped out, and retweeted an Islamic State of Iraq and the Levant (ISIL) video that called on Muslims to carry out terror attacks on Canadian soil.

At other times online, he sought out community and companionship after becoming a Muslim in 2007.

In 2010, he defended his faith against accusations that Islam was anti-woman, but also defended the sentence of stoning under Sharia law.

"Both men and women are stoned, that is the law," Driver wrote, adding he himself is not a violent person. THE CANADIAN PRESS

MUSIC NAS HEADLINES YWG LOVES HIP HOP Grammy nominated rapper Nas will headline the city's largest hip hop show of the year, YWG LOVES HIP HOP, Sept. 3 at MTS Centre. Special guests include Travis Scott and Tink, while local favourites the Lytics and DJ DLO will open the show. Tickets go on sale through Ticketmaster Friday at 10 a.m. HANDOUT

Winnipeg police are hoping these people can be identified. The homicide unit is currently leading the investigation, although the case is still being treated as a missing persons file. WPS/HANDOUT

Police release photos in Thelma Krull case

MISSING PERSONS

Investigators seek info on woman last seen July 11

Elisha Dacey
Metro | Winnipeg

Winnipeg police continue to plead for help from the public and have released more photographs in Thelma Krull's disappearance.

Thelma Krull was last seen on the morning of July 11, when she left her suburban home to go for a hike. She had planned to pick up a birthday cake for her grandson later that day. Police said she had no history of going missing.

Police and volunteers have scoured the area but found little to help — surveillance footage captured a brief shot of Krull walking near her home, and her glasses were discovered July 14 near Valley Gardens Community Centre.

A photograph of two cyclists who were in the area at the time was released last week, and police say the people in the photos have been identified.

Now, police are hoping photos of others in the area at the same time will help. Police said again, the people aren't suspects, but may have seen or heard something at the time.

The homicide unit has taken the lead on the case, although police say it is still being treated as a missing person file.

Const. Jason Michalyshen says the investigation remains a missing persons case. COLIN FAST/FOR METRO

Krull had started walking long distances in order to train for a seven-day hike in British Columbia.

Krull is five-foot-four and 170 pounds with short dyed-blonde hair with purple streaks. She was wearing glasses, tan hiking boots, dark capris or shorts and an orange or bright coloured T-shirt or tank top. Anyone with information should call police at 204-986-6250.

HEALTH

Medical marijuana protesters light up at police headquarters

Colin Fast
Metro | Winnipeg

Local medical marijuana users sparked up a "smoke-in" in front of police headquarters on Monday to show their support for a local dispensary that has been under police investigation.

Glenn Price, owner of Your Medical Cannabis Headquarters on Main Street, said police have been harassing him over the past week for filling medical marijuana prescriptions without a Health Canada licence.

"Winnipeg should have something like this that has easy access to medicine, instead of jumping through federal government hoops," said Price, who added he only serves customers with official medical documentation.

Under current federal regulations, only Health Canada-approved producers can provide medical marijuana to patients with a valid prescription. Distribution is done through the mail.

Winnipeg police declined to comment on the protest, but issued a news release about regulations for distributing medical marijuana that stressed the quality control standards of Health Canada licensed producers.

"I have the same testing equipment as the federal government," argued Price.

Since opening his store a few weeks ago, Price said he has served more than 400 customers. While he temporarily suspended sales last week after police asked him to do so, he promised he would be back in business on Tuesday morning.

TODAY'S FRINGE FESTIVAL PICKS

Metro Winnipeg and CBC Manitoba present a selection of reviews

Circle Mirror Transformation

If this is your introduction to playwright Annie Baker then you're in for a treat. She is natural, exact and finds the pleasure in taking her time.

When the lights come up, we join an adult community drama class as they journey through their six weeks of self-exploration and character relationships. It is smart, it is funny, and it is damn good.

Director George Toles has nailed it with these actors.

This is a super-tight ensemble that I smile to think of even as I type this.

Their embodiment of the pathos, frailty, and needs of the characters is delicious. The show is 90 minutes, but the time sails by. Circle Mirror Transformation is a sure thing.

BRADLEY SAWATZKY

The Sama Kutra

If the idea of clowns simulating ejaculation with a turkey baster doesn't sound hilarious to you, this probably isn't your show.

For everyone else, The Sama Kutra is great raunchy silliness.

Clown couple Spark (Jed Tomlinson) and Sizzle (Jacqueline Russell) have a rocky marriage, and need to get their sizzle and spark back in the bedroom. When they discover a mystical book called the Sama Kutra, the clown sex hijinks begin as they try to stoke the fires with role play, sultry dancing, and a cantaloupe.

Russell and Tomlinson perform in pidgin Italian, with just enough English-sounding words (including the four-letter ones) for us to keep up. But under the direction of Mump and Smoot's Michael Kennard, the action is clear, raucous, and laugh-out-loud funny, with only the odd lull in its snappy 45 minutes.

Do Sizzle and Spark get their mojo back?

I'll leave that for you to find out, but I will say the stage ends up covered in whipped cream and chocolate sauce.

JOFF SCHMIDT

Three Men in a Boat

Three Victorian gentlemen embark on a rowing trip down the Thames. Needless to say, all does not go well.

Why should you care? On opening night, each performer wrung so much comedy from every line and gesture that audience members turned to each other in amazement, laughing at each other laughing. These toffs could have you in the palms of their hands talking about a tin of pineapple. Wait a minute... they did that!

Actors Matt Pilipiak, Scott Garland and Victor Pokinko combine impeccable physical comedy, brilliantly detailed character work and the sweet sounds of three-part harmony.

Jerome K. Jerome's 1889 farce pillories the British Empire's class system.

As one character croons, "I like work. I can sit and look at it for hours." The buffoonery is pure delight and the 60 minutes flew by. I dare you to not enjoy this show!

Good silly fun, flawlessly executed.

SHAWNA DEMPSEY

FIND MORE REVIEWS AT CBC.CA/MANITOBA/FEATURES/FRINGE/

Truck rams 5 police cars, and chase is on

CRIME

One man arrested, no one injured

Colin Fast
Metro | Winnipeg

Outside Winnipeg police headquarters was like a scene from Grand Theft Auto Monday as a moving truck with the words "Bill Murray" on the side deliberately rammed five police cruisers parked on the street, while a nearby group of pot protesters blazed up in public.

The chaos unfolded shortly after 11 a.m. in front of the Public Safety Building, according to witness Tim Jaskow, who said a three-ton white moving truck pulled alongside a row of police cars on Princess Street and drove back and forth three times to smash the vehicles.

"At first I thought he was making a delivery and maybe made a mistake, and then I thought he was nuts," Jaskow said.

Damage to the cruisers was extensive, including smashed doors, shattered windows and broken mirrors.

The truck sped off through the city and was later followed by several police vehicles westward along the Trans-Canada Highway beyond Portage La Prairie.

Winnipegger Scott Stroh said was driving in Headingley when the truck came up behind him, driving erratically. Stroh said he moved over to let the truck pass, and a few seconds later, a WPS vehicle, and unmarked vehicle and an RCMP cruiser turned on their lights and began the chase.

"At that time, they didn't necessarily know where he was, his stupidity probably gave him away," said Stroh. "You get lost in trucks in Headingley."

> **"At first I thought he was making a delivery and maybe made a mistake, and then I thought he was nuts.**
>
> Tim Jaksow, witness

The suspect evaded several spike belts before RCMP were successful in stopping the truck with another spike belt.

No one was hurt, but one man was arrested. Winnipeg police have not identified him, but a reliable source identified him to Metro Winnipeg as Wayne Rennie, 24.

The "Bill Murray" reference appeared to be for a business in Oakbank, Man. It was not immediately clear if the truck was stolen. A person answering the phone at the number on the truck said no one by that name was there.

Sgt. Nick Paulet said he had never seen anything like it at the police building.

"It's very brazen, especially during the day," he said.

The incident disrupted a "smoke-in" held in front of the PSB by supporters of Your Medical Cannabis Headquarters on Main Street. WITH FILES FROM THE CANADIAN PRESS

ART INSTALLATION STUDENTS CREATE CITIZEN GARDEN Celina Sinclair of Calgary checks out Citizen Garden, a collection of 2015 blue flags sticking out of the embankment next to the Esplanade Riel near the Canadian Museum for Human Rights. Created by a group of University of Manitoba environmental design students, the project is one of a number of contemporary garden and art installations on display around The Forks for Cool Gardens 2015. SHANE GIBSON/METRO

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TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT IS HIRING!

Bus operator applications are being accepted. Don't miss your opportunity to join the team of professional bus operators at Winnipeg Transit. If you're looking for a long-term career opportunity that offers above average pay and superior benefits, then visit winnipegtransit.com for more information. A fully paid, six-week training program is provided to successful candidates. For more information, visit winnipegtransit.com.

GOING TO THE BOMBER GAME?

Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when heading to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge Street and via Kenaston Boulevard) and 160 will be lined up on Chancellor Matheson Road heading west towards Pembina Highway. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park & Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Rd. Visit bluebombers.com for more Park & Ride information.

MILLENNIUM LIBRARY SERVICE CENTRE

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square (360 Main St.).

The mane attraction

The world's largest touring production, Cavalia Odysseo, will bring its giant tent to Winnipeg starting Sept. 10. The roughly two-hour-long spectacle includes 65 horses and 45 riders, acrobats, dancers and musicians and is created by one of the co-founders of Cirque du Soleil.

SHANE GIBSON METRO

Contributed

1 The show

It centres on a three-storey-tall hill built from some 10,000 tons of sculpted rock, earth and sand.

Landscapes are projected in three dimensions behind performers on a backdrop made of three of the largest-sized cinema screens.

2 The costumes

There are 350 costumes and 100 pairs of shoes and boots in the show.

3 The cost and the benefit

Staging the show in Winnipeg will cost somewhere near $10 million and will create 200 temporary jobs.

Richard Lautens/Torstar News Service

Richard Lautens/Torstar News Service

4 The tent

Standing 38 metres tall with a footprint the size of a CFL football field, this is not your average six-man camping tent. It'll fit 2,000 people as well as a stage larger than a hockey rink. It'll take a crew of 250 weeks to set up at the corner of Sterling Lyons Parkway and Kenaston Boulevard.

5 The horses

Odysseo features 12 different horse breeds from around the world, including Holsteiner, Spanish Purebred and Arabian. The show's creator, Normand Latourelle, says the horses are given free rein of the stage area during the show.

6 The village

The show requires a total of five large tents: one for stables, another for rehearsals, a VIP tent that includes a restaurant and bar, and a tent that will house an employee cafeteria. Connections to local water, electrical and sewer services are installed in each show location.

7 The tickets

The show will run for at least two weeks. Tickets range in price from $49.50 to $249.50 and go on sale Thursday through Ticketmaster.

Girl with HIV in remission

HIV-AIDS

No detectable virus in blood of teen untreated in past 12 years

An 18-year-old French girl exposed at birth to HIV has been in remission for 12 years with no detectable virus in her blood — despite stopping drug treatment at the age of five, an international HIV-AIDS conference in Vancouver has been told.

The teen is among a very small number of HIV-infected people in the world who have remained free of active infection for a number of years without continuous treatment with antiretroviral drugs.

The unidentified girl was infected at the time of her birth in 1996 because of transmission from her mother, whose HIV was poorly controlled, said Dr. Asier Saez-Cirion of the Pasteur Institute in Paris.

"So the girl received a prophylactic treatment from the day she was born," Saez-Cirion said in an interview from Vancouver, where he is attending the eighth International AIDS Society Conference on HIV Pathogenesis, Treatment and Prevention.

The infant was kept on that drug regimen — standard therapy for children at risk of being infected — for six weeks, after which "her viral load went up to very high levels," he said.

At three months of age, doctors put the girl on antiretroviral drugs, which stop HIV from replicating in the cells and eventually progressing to AIDS.

She remained on those medications until about age 5-1/2. Saez-Cirion said it's not known why the family halted the girl's treatment.

The child returned to the clinic after being off antiretrovirals for a full year and doctors were surprised to find there were no signs of HIV in her blood.

"This girl has been able to maintain virus control for 12 years now. So for 12 years, she has been in remission from infection," Saez-Cirion said.

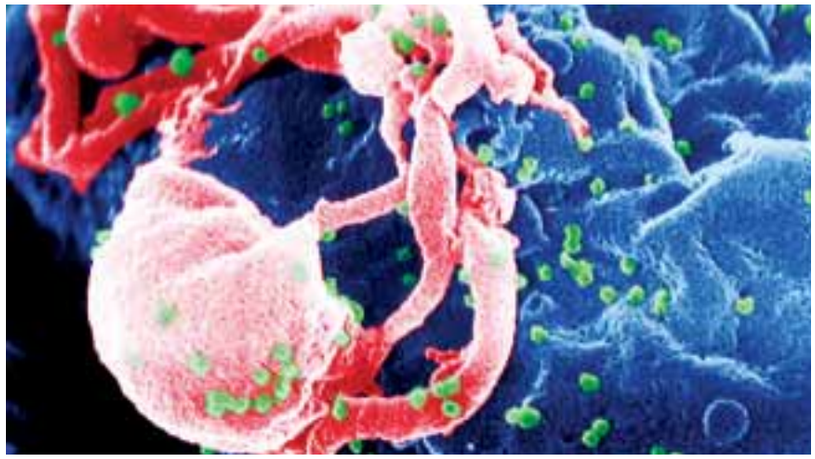
He said the French teen represents the longest period a child has gone without treatment with no detectable HIV levels in the blood, although testing has shown she does harbour HIV DNA in her cells — what's known as a reservoir of the virus.

"However, another thing that needs to be perfectly clear is that this girl is not cured," stressed Saez-Cirion.

"The virus is still there, but her remission means that she hasn't needed treatment for many years.

"But we don't know whether she will need it in the future."

THE CANADIAN PRESS



This undated photo provided by the U.S. Centers for Disease Control and Prevention shows a scanning electron micrograph of multiple round bumps of the HIV-1 virus on a cell surface.

CYNTHIA GOLDSMITH/CENTERS FOR DISEASE CONTROL AND PREVENTION VIA THE ASSOCIATED PRESS

> **We don't know whether she will need (treatment) in the future.**
>
> Dr. Asier Saez-Cirion

ELECTIONS

Vote for expats repealed

Allowing Canadians who have lived abroad for more than five years to vote in federal elections would be unfair to those who live in Canada, Ontario's top court ruled Monday.

In a split decision, the Court of Appeal overturned a ruling that had restored the right of more than one million long-term expats to vote.

Canada's "social contract" entails citizens submitting to laws because they had a voice in making them through voting, the ruling states.

"Permitting all non-resident citizens to vote would allow them to participate in making laws that affect Canadian residents on a daily basis but have little to no practical consequence for their own daily lives," Justice George Strathy wrote for the majority court.

"This would erode the social contract and undermine the legitimacy of the laws."

Two Canadian citizens living in the United States — Montreal-born Jamie Duong and Toronto-born Gillian Frank — launched the constitutional challenge, arguing the five-year rule was arbitrary and unreasonable.

Both argued they had only left for educational and employment opportunities and still had strong attachments to Canada and a stake in its future.

In May last year, Superior Court Justice Michael Penny threw out the voting ban, noting that mass murderers have the right to cast ballots but long-term expats who care deeply about the country do not.

Penny also said expats could well be subject to Canadian tax and other laws.

THE CANADIAN PRESS

IN BRIEF

Petition urges all parties to back commission findings

A petition that calls on all political parties to incorporate the recommendations of the Truth and Reconciliation Commission into their election platforms has more than 1,200 signatures.

The petition, which is spearheaded by three professors at the University of Manitoba, calls it a "crucial moment in Canadian history."

It calls on governments of all levels to recognize the harm done by aboriginal residential schools and acknowledge their "genocidal character."

The petition notes the work that went into the commission and calls on all Canadians to reflect deeply on its findings.

The commission visited hundreds of communities and heard testimony from 7,000 residential school survivors, including graphic details of rampant sexual and physical abuse.

THE CANADIAN PRESS

POLITICS

Minister slammed as partisan

Pierre Poilievre's decision to wear a Conservative Party golf shirt during an announcement Monday on the rollout of increased child care benefits payments is being criticized by the opposition as an attempt to put a party brand on public money.

The employment minister donned the shirt with the party crest in Halifax as he kicked off a national effort to tout $3 billion in benefit payments being sent out to families.

Since 2006, the government has handed out monthly payments of $100 for every child in Canada under age six. As of Monday, the payment rises to $160 a month, and children age six to 17 earn their parents $60 per month.

> **There was a clear attempt to brand the Conservative Party.**
>
> Mathieu Ravignat, NDP

NDP Treasury Board critic Mathieu Ravignat, whose party says the money would be better spent on a national child care program, says it's not appropriate for Poilievre to wear party logos while announcing funding approved by Parliament.

"He was speaking about the policy while wearing the shirt. There was a clear attempt to brand the Conservative Party by wearing this shirt and that's ethically unacceptable," Ravignat said. THE CANADIAN PRESS

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Security Council endorses watershed Iran nuke deal

UNITED NATIONS

Israel's envoy calls vote 'a very sad day' for the world

The UN Security Council on Monday unanimously endorsed the landmark nuclear deal between Iran and six world powers, and authorized a series of measures leading to the end of UN sanctions that have hurt Iran's economy.

But the measure also provides a mechanism for UN sanctions to "snap back" into place if Iran fails to meet its obligations.

Both U.S. Ambassador Samantha Power and Iran's UN Ambassador Gholamali Khoshroo called the agreement an important achievement for diplomacy, the Iranian promising to be "resolute in fulfilling its obligations" and the American pledging to be vigilant in ensuring they are carried out.

The resolution had been agreed to by the five veto-wielding council members — who, along with Germany, negotiated the nuclear deal with Iran. It was co-sponsored by all 15 members of the Security Council. The European Union's foreign ministers endorsed the deaL later Monday in Brussels and pledged to implement it.

Under the agreement, Iran's nuclear program will be curbed for a decade in exchange for potentially hundreds of billions of dollars' worth of relief from international sanctions. Many key penalties on the Iranian economy, such as those related to the energy and financial sectors, could be lifted by the end of the year.

Ron Prosor, Israel's ambassador to the United Nations, addresses a news conference at the UN headquarters, Monday, after the Security Council unanimously endorsed the landmark nuclear deal between Iran and six world powers. THE ASSOCIATED PRESS

Iran insists its nuclear program is purely peaceful, aimed at producing nuclear energy and medical isotopes, but the United States and its Western allies believe Tehran's real goal is to build atomic weapons. U.S. President Barack Obama has stressed that all of Iran's pathways to a nuclear weapon are cut off for the duration of the agreement and Iran will remove two-thirds of its installed centrifuges and get rid of 98 per cent of its stockpile of uranium.

> **The world is now a safer place.**
> Matthew Rycroft, Britain's UN Ambassador

Britain's UN Ambassador Matthew Rycroft said "the world is now a safer place in the knowledge that Iran cannot now build a nuclear bomb."

But Israel's UN Ambassador Ron Prosor told reporters immediately after the vote that the Security Council had "awarded a great prize to the most dangerous country in the world," calling it "a very sad day" not only for Israel but the entire world.

The document specifies that seven resolutions related to UN sanctions will be terminated when Iran has completed a series of major steps to curb its nuclear program and the International Atomic Energy Agency has concluded that "all nuclear material in Iran remains in peaceful activities."

All provisions of the UN resolution will terminate in 10 years, including the "snap back" provision on sanctions.

But last week the six major powers — the U.S., Russia, China, Britain, France and Germany — and the European Union sent a letter informing UN Secretary-General Ban Ki-moon that they have agreed to extend the snap back mechanism for an additional five years. They asked Ban to send the letter to the Security Council.

THE ASSOCIATED PRESS

LAW

UAE outlaws haters

The United Arab Emirates has issued new legislation aimed at combatting intolerance, outlawing actions that stoke religious hatred and discriminate based on religious or ethnic background.

The law's introduction Monday comes amid growing alarm in the Emirates and other oil-rich Gulf Arab states over the rise of militant extremists, particularly the Islamic State group.

The legislation bars discrimination based on "religion, caste, creed, doctrine, race, colour or ethnic origin," according to official state news agency WAM. It also criminalizes any action that encourages religious hatred or insults religion, and calls for punishing those who label other religious groups as infidels or unbelievers.

"The law is intended to provide a sound foundation for the environment of tolerance, broadmindedness and acceptance in the UAE," the report said.

The law was decreed by the president, Sheikh Khalifa bin Zayed Al Nahyan. Among other things, it targets actions that are considered hate speech or promote discrimination or violence in all forms of media.

Penalties include six months to more than 10 years in prison and fines up to two million dirhams ($545,000 US). Authorities held out the possibility of amnesty for those who proactively turn themselves in.

The Emirates is a Western-allied, seven-state federation that includes oil-rich Abu Dhabi and the Mideast commercial hub of Dubai. Home to the second largest Arab economy, it has emerged as a multicultural trade and tourism centre.

THE ASSOCIATED PRESS

MALAYSIA AIRLINES FLIGHT 17 CRASH

Russia introduces alternative UN resolution

A relative cries during a commemoration ceremony in Nieuwegein, Netherlands, Friday, for those killed when Malaysia Airlines Flight 17 was brought down. THE ASSOCIATED PRESS POOL

Russia on Monday introduced a UN resolution demanding that those responsible for shooting down a Malaysia Airlines plane over Ukraine last year be brought to justice — but eliminating the international tribunal that the five countries investigating the crash are seeking to prosecute the perpetrators.

Russia said earlier this month it opposed a draft submitted by Malaysia on behalf of the five countries that would establish an international court.

The rival Russian draft resolution expresses concern that the investigation isn't ensuring "due transparency in its organization and work methods, which may have a negative impact on its outcome."

Ukraine and the West suspect Flight MH17, travelling from Amsterdam to Kuala Lumpur, was destroyed by a surface-to-air missile fired by Russian soldiers or Russia-backed separatist rebels, killing all 298 people on board.

Moscow denies that and Russian officials and state media have alleged the plane was shot down by a Ukrainian missile or warplane.

The Russian draft states that "the establishment of the true causes of this aerial incident is critical for bringing those responsible to justice" and suggests that the International Civil Aviation Organization "could play a more active and appropriate role in this investigation." The Security Council met behind closed doors Monday afternoon so Russia's Ambassador Vitaly Churkin could examine the text.

THE ASSOCIATED PRESS

IN BRIEF

Broken strut believed to have doomed rocket

SpaceX suspects a 61-centimetre steel strut snapped inside its unmanned Falcon 9 rocket and led to last month's launch accident at Cape Canaveral, Fla.

The company's founder and chief executive, Elon Musk, said Monday that these struts had flown many times before without any problem.

The strut was holding down a helium bottle in the liquid oxygen tank.

THE ASSOCIATED PRESS

Cuban flag flies in D.C.

POLITICS

Ceremony kicks off new post-Cold War relations

Cuba's blue, red and white-starred flag was hoisted Monday at the country's embassy in Washington, signalling the start of a new post-Cold War era in U.S.-Cuba relations.

In sweltering heat and humidity, Cuban Foreign Minister Bruno Rodriguez presided over the flag-raising ceremony hours after full diplomatic relations with the United States were restored at the stroke of midnight. Earlier, without ceremony, the Cuban flag was added in the lobby of the State Department alongside those of other countries with which the U.S. has diplomatic ties.

Several hundred people gathered on the street outside the embassy, cheering as the Cuban national anthem was played and three Cuban soldiers in dress uniforms stood at the base of the flagpole and raised the flag.

But there were also signs of the sore points that continue in the U.S.-Cuba relationship. In remarks inside the embassy Rodriguez cited Cuban independence leader Jose Marti, who he noted had paid tribute to America's values but also warned of its "excess craving for domination."

He also slammed the U.S. for continuing to hold on to Guantanamo Bay, the U.S. naval base in Cuba where the American military prison continues to hold terror suspects. Rodriguez said Guantanamo was a "nefarious consequence" of U.S. attempts to dominate the hemisphere.

"Only the lifting of the economic and commercial and financial blockade which has caused so much harm and suffering to our people, the return of occupied territory at Guantanamo and the respect for Cuban sovereignty will lend some meaning to this historic event to which we bear witness today," Rodriguez said, repeating demands the Cuban leaders have made throughout the normalization process.

Cuban-American Gina Gonzalez waves an American flag in front of the United States embassy in Havana, Cuba, Monday.
DESMOND BOYLAN/THE ASSOCIATED PRESS

On a more conciliatory note, Rodriguez thanked President Barack Obama for taking steps to ease sanctions thus far and calling on Congress to repeal the economic embargo.

In Havana, meanwhile, a carnival atmosphere reigned around the new U.S. Embassy overlooking Havana's Malecon seaside promenade. By midmorning, the Cuban government had pulled back several of the eight or so security guards who had stood watch.

A pair of officers stood on each corner around the building, smiling and wishing "buenos dias" to passers-by instead of casting stony glares. Curious Cubans clustered around the forest of flagpoles at the front of the embassy, snapping photos as U.S. tourists posed for selfies in front of the building.

In Washington, some 500 guests, including a 30-member delegation of diplomatic, cultural and other leaders from the Caribbean nation, attended the Cuban ceremony at the stately 16th Street mansion that has been operating as an interests section under the auspices of the Swiss Embassy.

Rodriguez met in Washington with Secretary of State John Kerry, who will travel to Havana Aug. 14 to preside over a flag-raising ceremony there. Rodriguez was the first Cuban foreign minister to set foot in the State Department since 1958.

Shortly after midnight, the Cuban Interests Section in Washington switched its Twitter account to say "embassy." In Havana, the U.S. Interests Section uploaded a new profile pictures to its Facebook and Twitter accounts that said U.S. Embassy Havana.

Though normalization has taken centre stage in the U.S.-Cuba relationship, there remains a deep ideological gulf between the nations and many issues still to resolve. Among them, thorny disputes such as mutual claims for economic reparations, Havana's insistence on an end to the 53-year trade embargo and U.S. calls for Cuba to improve on human rights and democracy.

Some U.S. lawmakers, including several prominent Republican presidential candidates, have vowed not to repeal the embargo and have pledged to roll back Obama's moves on Cuba.

Members of Congress, both for and against rapprochement with Cuba, were quick to react.

"If we only had embassies in countries whose governments we agree with, we would have to close half of our current embassies," said Sen. Patrick Leahy, D-VT, a supporter.

However, New Jersey Sen. Bob Menendez, a Democratic opponent, said that "the real goal is a flag raising where the Cuban people are free, have their human rights respected and where we do not accept dictatorial conditions on our embassy and its people." THE ASSOCIATED PRESS

IN BRIEF

Germany awards medals to Nazi-hunting couple

Jewish lawyer Serge Klarsfeld and his German-born wife Beate received the Order of Merit at the German embassy in Paris on Monday.

The couple spent decades hunting down Nazis who had gone into hiding after World War II.

The Klarsfelds' work often embarrassed governments that had failed to apprehend former Nazis and, in Germany's case, allowed them to rise to high office.

THE ASSOCIATED PRESS

McCain says Trump should apologize to veterans

Sen. John McCain said Monday Republican presidential candidate Donald Trump doesn't need to apologize to him for remarks about his long captivity in Vietnam, but should tell veterans and their families that he's sorry.

McCain said he believed it was "totally inappropriate for Mr. Trump to say he doesn't like to be with people who are captured."

THE ASSOCIATED PRESS

MONSANTO

Young puts money where his mouth is

Rocker Neil Young is lending his support to Vermont's efforts to label foods containing genetically modified ingredients.

Young, who performed in concert Sunday at the Champlain Valley Exposition in Vermont, appeared earlier with Gov. Peter Shumlin and donated $100,000 to a fund devoted to defending Vermont's genetically modified organism, or GMO, labeling law from legal challenges.

Vermont last year passed a law under which it's scheduled to become the first U.S. state to require foods with altered DNA to be labeled as such. The Grocery Manufacturers of America and other industry groups are suing to block the law before its scheduled implementation date, July 1, 2016.

Young has been touring to promote a new album, The Monsanto Years, which is sharply critical of the Monsanto Co.'s role in agriculture.

THE ASSOCIATED PRESS

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IN BRIEF

PayPal's stock soars

PayPal shares jumped $2.81 US, or seven per cent, to $41.20 US on the Nasdaq Stock Exchange on Monday, its first day as a separate and publicly traded company as the firm outlined plans to capitalize on the rise of mobile payments and the growing digitization of money. The payments system company officially split with eBay Inc. on Friday.

PayPal CEO Dan Schulman and employees rung in the opening bell on the Nasdaq.

THE ASSOCIATED PRESS

Dan Schulman, PayPal's CEO. COURTESY PAYPAL

market minute

DOLLAR 76.94¢ (-0.06¢)

TSX 14,425.55 -217.29)

OIL $50.44 US (-77¢)

GOLD $1,106.80 US (-$25.10)

NATURAL GAS: $2.823 US (-4.7¢)
DOW JONES: 18,100.41 (+13.96)

An employee replaces prices with the new Value Added Tax (VAT) at a supermarket in Athens Monday. Many goods became more expensive as the first batch of austerity measures, demanded by Greece's creditors, kicked in. THE ASSOCIATED PRESS

Greeks face price hikes

ECONOMY

Banks open but cash curbs still in place

Greece set a series of landmarks Monday it hopes will shore up its battered economy following months of crisis that threatened its place in the euro.

Banks reopened after more than three weeks, and the cash-strapped country got a short-term loan from European creditors to pay more than six billion euros (about $8.45 billion US) owed to the International Monetary Fund and the European Central Bank. Non-payment on either would have derailed Greece's recent bailout request.

Though the bank daily cash withdrawal limit stayed at 60 euros (about $85), the government has given individuals a new weekly limit of 420 euros (about $600) from this coming Sunday so they don't need to trudge to the ATM every day.

But for most recession-weary Greeks, Monday was all about the price of goods as new tax rises demanded by creditors on everything from coffee to taxis took effect. Dimitris Chronis, who has been running a small kebab shop in central Athens for 20 years, says the new taxes could push his business over the edge, especially when combined with higher business taxes and meat prices. "I can't put up my prices because I'll have no customers at all," said Chronis, who said sales have slid by around 80 per cent since banking restrictions were imposed June 29.

> **"I can't put up my prices because I'll have no customers.**
> Dimitris Chronis, shop owner

There are few parts of the Greek economy left untouched by the increase in sales taxes on many basic goods from 13 per cent to 23 per cent. They have been imposed on many basic goods, from cooking oils to condoms, through to popular services, such as eating out at restaurants and ferries to the Greek islands.

The tax rises formed part of a package of confidence-building measures the Greek government had to introduce for negotiations on a third bailout to begin.

THE ASSOCIATED PRESS

ASHLEY MADISON

Cheating website hacked

A Canadian-owned website for people seeking affairs was recovering from a cyberattack Monday after hackers stole confidential customer information, posted some of it online and threatened to publish all of it unless the company is shut down.

Avid Life Media, which owns Toronto-based cheating site AshleyMadison.com, called the attack an "act of cyberterrorism" and vowed to hold those behind the hack responsible for their actions.

While its site appeared to be working normally Monday morning, an online security blog, KrebsOnSecurity.com, posted what appeared to be a screenshot of the site's home page late Sunday bearing a message from those allegedly behind the hack.

"We are the Impact Team. We have taken over all systems in the entire office and production domains, all customer information databases, source code repositories, financial records, emails," the message said, according to Krebs.

Whoever hacked the site claimed they did so to expose alleged lies Ashley Madison told customers about a service that allows members to erase profile information for a $19 fee, Krebs reported. But Avid Life said the allegations about the "paid-delete" option on Ashley Madison were false.

The company said it was offering its full-delete option free, in light of the cyberattack.

THE CANADIAN PRESS

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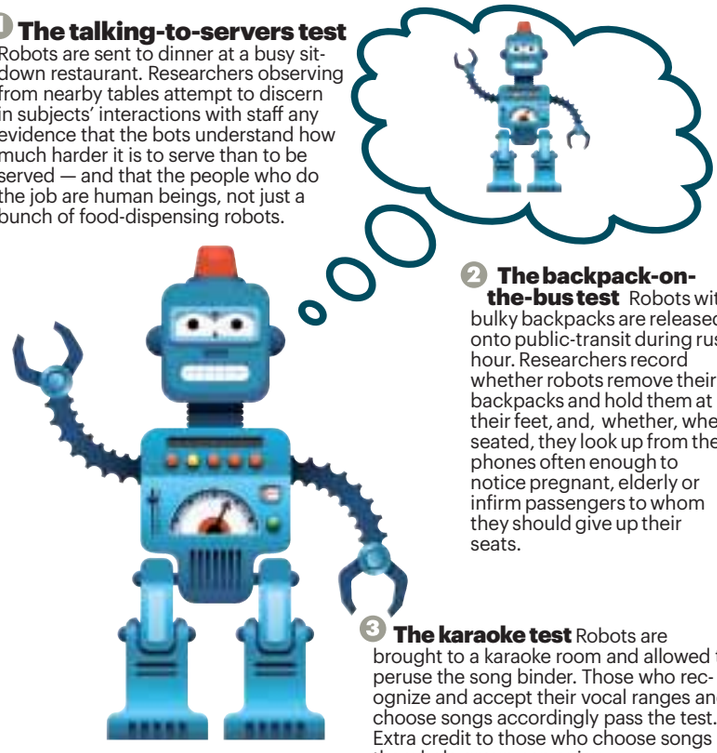
metro VIEWS
Your essential daily news
Tuesday, July 21, 2015

THE BIG THING: FUNCTIONAL FRIENDS

It was a simple experiment that raised complicated questions. Researchers at the Rensselaer Polytechnic Institute disabled the speech of two of three super-smart robots, then asked "Which one of you can speak?" One said, "I don't know," but then, hearing its own voice, backtracked and said, "I know now," thus passing a crucial self-awareness test. But real self-awareness, the kind we need to make and keep friends, takes far more than knowing when you're the only one in the room talking (though that's a good start). Here are the tests Metro would like to run before entrusting any robot — no matter how smart — with our friendship. METRO



1 The talking-to-servers test Robots are sent to dinner at a busy sit-down restaurant. Researchers observing from nearby tables attempt to discern in subjects' interactions with staff any evidence that the bots understand how much harder it is to serve than to be served — and that the people who do the job are human beings, not just a bunch of food-dispensing robots.

2 The backpack-on-the-bus test Robots with bulky backpacks are released onto public-transit during rush hour. Researchers record whether robots remove their backpacks and hold them at their feet, and, whether, when seated, they look up from their phones often enough to notice pregnant, elderly or infirm passengers to whom they should give up their seats.

3 The karaoke test Robots are brought to a karaoke room and allowed to peruse the song binder. Those who recognize and accept their vocal ranges and choose songs accordingly pass the test. Extra credit to those who choose songs the whole group can enjoy.

One-metre passing rule could save cyclists' lives

YOUR RIDE
Colin Fast

Nearly every commuter cyclist has had the same experience. You're riding along a major street during rush hour when you suddenly feel a gust of air on the back of your neck, and a car or truck races by just inches from your handlebars.

You hold your breath, keep the bike straight, and pray the next few seconds aren't going to be your last. Then you swear at the driver, restart your heart and get ready to repeat the whole nerve-racking experience minutes later.

Meanwhile, the driver continues on, oblivious to the fact he just terrorized someone with a two-tonne missile.

The trouble is that Manitoba's Highway Traffic Act doesn't specify how much space a vehicle needs to give a bike when passing. It just says the pass needs to happen at a "safe distance."

But what seems safe to the driver might not feel safe to the cyclist. And even if a car doesn't knock a bike over, driving too closely can effectively run a rider off the road or cause them to crash into a curb, pothole or sewer grate.

Dave Elmore, the organizer behind Winnipeg's bike week, thinks it's time to end the confusion, and join the growing number of jurisdictions adopting a one-metre rule for passing cyclists.

"My personal opinion is that at speeds under 60 km/hr, a one-metre passing law is acceptable, but when speeds exceed 60 km/hr motorists should be required to pass in the adjacent lane," said Elmore, who teaches safe biking techniques as a CAN-BIKE master instructor.

Ontario adopted a one-metre rule last month as part of a series of bike-friendly changes to traffic laws. Nova Scotia has had one on the books since 2011. And more than two dozen American states have passed similar legislation.

But despite six years of requests from the local cycling community, Manitoba has so far refused to make the change, explained Elmore.

The intent of the one-metre rule is twofold. It mostly serves as an educational tool to teach drivers how to share the road with cyclists. But if necessary, tickets can be issued to drill that message home.

Police in Chattanooga, Tenn. are getting even more creative with enforcement. They've worked out an agreement with a local judge to sentence violators to take a bike safety course, including a group ride on city streets.

Even if a car doesn't knock a bike over, driving too closely can effectively run a rider off the road.

Ultimately, building separated and protected bike lanes is the safest option for both cars and bikes. But until that happens on a large scale, legislating an appropriate passing distance is one small measure that could make a big difference in saving the lives (and nerves) of people on bikes.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

ROSEMARY WESTWOOD

metroview

We look for laughs from a politician, and politics from a comic

I want to love Amy Schumer. Not just love her, really, more like worship. I could spend all day listening to her crack period and vaginal-discharge jokes. I'd be happy to watch her give a neverending acceptance speech for a "Woman of the Year" award, lambasting the celebrity beauty standards for women, noting she can "catch a d--k" whenever she wants, and not caring that most men in the audience aren't laughing.

I caught Trainwreck, her new movie (or rather, the baby she made with director Judd Apatow), on the weekend, and I realized that I really do like toilet humour — I'd just never heard it done well by a woman before. The film thus felt groundbreaking, I said afterwards, full of raunchy, off-kilter comedy that's long been the domain of men.

But — and I won't be the first to tell you this — there's a problem with comic-worship.

Schumer is a feminist, yes, but that's not her job. Her job is jokes. (Some people don't even think she's great at that, like those who say she makes racist jokes.) When people tell you Trainwreck wasn't that revolutionary because it has (spoiler alert) a happy monogamous ending, please remind them: It's a Hollywood flick. Get your counterculture somewhere other than a rom-com, people. It's not surprising that the message is a conforming one — it would be surprising if it weren't.

On the flip side, let's pause for a moment to ponder Donald Trump. The man with the Orange Crush skin and scarlet red tie. The man who knows how to overcome controversy: By adding to it.

First, he makes racist remarks against Mexican immigrants to the U.S. Then he suggests John McCain is a wimp for getting captured in the Vietnam War: "He is a war hero because he was captured. I like people that weren't captured, OK?"

Talk about a punchline. Isn't it great to watch? A crazy billionaire as the top Republican candidate for President of the United States. What could be more entertaining than Trump being taken seriously?

Take the New York Times, which noted his campaign "is built entirely around the instincts and grievances of its unpredictable candidate — and does not rely on a conventional political operation that protects presidential hopefuls from themselves."

Hmmm... tell me more of the "strategy" behind Trump.

To recap: We're looking for laughs from a politician, and politics from a comic. Something is amiss.

Yes, comedy can drive social change. But it's Schumer we should be paying to make us laugh. And politicians — if not Trump — to make us think.

metro
Your essential daily news

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Your essential daily news

Over 1.1 million copies of Harper Lee's Go Set a Watchman sold in North America

Taylor top-selling artist in Canada

Taylor Swift tops Canada's music charts with most singles sold so far in 2015. GETTY IMAGES

MUSIC

Mid-year sales report puts Swift's 1989 and Sheeran's x neck and neck

Midway through 2015, good friends Taylor Swift and Ed Sheeran were locked in a tight race for the top-selling album in Canada.

According to Nielsen Entertainment's mid-year Canadian report, either Swift's blockbuster 1989 or Sheeran's x has the slight edge in sales so far this year.

If looking purely at album sales, the 24-year-old Sheeran has sold 117,000 copies of his sophomore album to Swift's 111,000.

But the unassailable Swift claims the edge over the ginger Brit when track-equivalent album sales are factored in: 172,000 to 170,000.

Sheeran, who steered a headline-grabbing Canadian tour before hosting last month's MMVAs, has the biggest single hit of the two of them with Thinking Out Loud. It's second only to the inescapable Mark Ronson-Bruno Mars smash Uptown Funk! in radio airplay, digital sales and on-demand streams.

The honour of the top-selling Canadian artist of 2015 overall, meanwhile, is currently shared by two one-name wonders: Toronto rap tastemaker Drake and Quebec country-pop crooner Yoan.

The latter, who was boosted to prominence by the reality series La Voix, has sold 100,000 copies of his self-titled debut since its March release — and those sales were, by a vast majority, physical.

Drake, on the other hand, quietly issued his brooding If You're Reading This It's Too Late in February and didn't accommodate a physical release until months later, so his sales were almost exclusively digital.

Ultimately, both artists sold roughly 101,000 copies when track-equivalent album sales are factored into the equation.

It's also been quite the year for the Weeknd.

The Toronto R&B singer, otherwise known as Abel Tesfaye, snuck his single Earned It into the Top 10 in radio play and on-demand audio streams, and the album from which it was culled — the steamy soundtrack to Fifty Shades of Grey — took the third spot on the album chart.

Overall, total digital music sales (including single tracks and albums) increased 3.2 per cent compared to this time last year, Nielsen reported, while CD sales fell nearly nine per cent. Vinyl sales, though clearly a much smaller part of the market, leapt up 40 per cent.

Streaming volume also increased dramatically in Canada, to 10.5 billion total audio and video streams in the first half of the year.

"The biggest story of the year continues to be the growth of streaming," said David Bakula, Nielsen's senior vice-president of industry insights.

"Streaming is becoming the primary choice of consumption for many music fans." THE CANADIAN PRESS

FRIDAY RELEASE

Record industry decides to drop albums on Fridays

As of last week, the music industry initiated a worldwide shift toward pushing out almost all new albums on Fridays, upending the previous North American standard of Tuesday releases.

Industry execs are touting a globally synchronized release date as a tonic for piracy, an opportunity for internationally co-ordinated marketing and a chance to stimulate sales with free-spending weekend whimsy.

Nielsen Entertainment's senior vice-president of industry insights David Bakula says that until a blockbuster release is issued on a Friday, it will be tough to fairly analyze the impact the shift will have. However, Bakula notes that release dates seem to hold less weight in the digital age.

And until there's evidence of the Friday shift's effect on sales, it's difficult to find a musician who will admit to caring.

Mac DeMarco's upcoming EP Another One will be released on Aug. 7, which is a Friday. When asked about it, the Edmonton native dismissively referred to the move as "some big industry plan."

"Tuesday, Friday, what's the difference?" asked the Juno-nominated artist. "To me, I don't even know what day of the week it is." THE CANADIAN PRESS

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Three things guys get wrong at the gym

HOLD IT! YOU'RE EXERCISING WRONG

Everything you think you know about working out is probably wrong, dude

Matthew Lee
Metro in New York City

Look, man, I'm going to be straight up with you: You're likely doing it wrong at the gym. Take it from me, someone who until pretty recently (last month) didn't know anything (okay, I knew a little) about working out at the gym.

What changed?

I met with Edward Jackowski: personal trainer, founder of Exude fitness in New York City, and author of seven books including Hold It!

You're Exercising Wrong. Jackowski, who is a master at what he does, examined me with a single look and explained what workout routine I should be doing based on my body type.

When I explained my current workout routine to Jackowski — a mix of exercises I discovered online and through word of mouth — he told me I was doing everything wrong and that I wasn't alone.

Here are the three most important things I learned to do at the gym (everything you're not doing).

ISTOCK

1. FORGETTING ABOUT THEIR CORE

Most men do only two things in the gym: lift weights to bulk up their arms and chest, and intimidate me. This is because men, and humans in general, like to do what they're good at (especially intimidating me).

What they often leave out of their work out is their core, which Jackowski describes as your lower abdomen, upper legs and groin. It's a region most men leave out of their routine.

"Men are good with the crunches, but they're not good with the lower abs," Jackowski told me. It's not just that, however: Men often leave this area as the last part of their routine, or dump it altogether.

"When you work out and you save your abs for the last part of your workout, because you lifted so many weights at the end, you lose motivation because you're tired." And that often leads to an incomplete set, or skipping them altogether, Jackowski explained.

The lesson? Do your core workout immediately after you stretch. Core workouts suck, but it's best to get the worst out of the way first.

2. LIFTING TOO MUCH WEIGHT

One of the most intimidating aspects of the gym is the presence of all the gorilla bros lifting small school buses over and over and spewing testosterone like it's no one's business.

But does your fitness routine really require you to lift your first grade class's collective body weight over and over again?

"The reality of the situation is that we don't need to be lifting that much weight to receive the benefit," Jackowski told me, which was a relief for my toothpick arms and weak work ethic.

What Jackowski explained to me is that higher reps with a more moderate amount of weight will help you both burn calories as well as tone the muscles in your body. So if your goal is to look not-hideous when you take your shirt off (that is everyone's goal), then this is honestly the route to take.

3. NOT STRETCHING

More often than not, men aren't stretching at the gym. If they are stretching, there is a decent chance that they're not doing it at the right time. Jackowski explained to me that the best order of operations for exercise isn't to stretch before working out, but to stretch after a proper warm-up.

"By warming up and stretching, you are asking you body for permission: 'May I be aggressive with it?'" Jackowski explained, which is also a great way to avoid injury or strain to your body.

A warm-up can be any mild exercise that gets you nice and lubricated with sweat. Whether it's pedalling on a bike, or jogging on a treadmill until you feel like a human Slip 'N Slide, after seven minutes, you'll be warmed up and ready for a good stretch.

EXERCISE PARTNERS

App pairs you with fitness pal

Working out with a friend is a proven way to actually get up off your butt. Making a commitment to each other gives you both a reason to get out of bed, skip the office doughnuts and even use the workout as a chance to strengthen your bond.

The problem is that life happens, leaving you with an apologetic text message while stretching for a five-mile run that suddenly seems a lot longer and lonelier without your workout buddy by your side.

Enter Jaha (the name means "chase"), a new app that makes exercise a more social experience. Your profile goes beyond a standard bio to include fitness-focused stats like stride length, as well as a description of the workout you're looking to partner up for, whether it's running, tennis, cycling or something else. Then, by swiping right or left à la Tinder, you can find a fitness partner.

Jaha has a built-in step counter, which it uses to fine-tune matches based on fitness level. Keep track of your progress and challenge others through the app to spur you on — even if you can't find a partner in real life that day, there's a community of users to keep you motivated.

With Jaha, you'll never have an excuse for not working out because you got stood up. We're sorry/you're welcome.

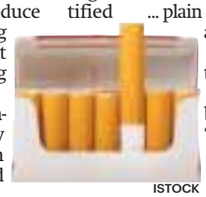
EVA KISS/METRO NEW YORK

HEALTH

Plain packaging for cigarettes

Ministers from 10 countries gathered in Paris Monday to launch a common drive to introduce plain cigarette packaging with the aim of stubbing out high smoking rates among young people.

Representatives from nations as far afield as New Zealand, Australia, South Africa and Uruguay issued a joint statement saying that "significant scientific proof justified ... plain cigarette packaging."



ISTOCK

The ministers said plain packaging had been shown to "reduce the attractiveness of the product for consumers, especially amongst women and young people" as well as increase the effectiveness of health warnings on packets.

Several countries have recently passed legislation to introduce plain cigarette packaging — laws that have met with fierce opposition from the powerful tobacco lobby. AFP

metro SPORTS

Pele has been released from a Sao Paulo hospital after successful back surgery

Tuesday, July 21, 2015

Zach Johnson celebrates winning the British Open with members of the public in St. Andrews, Scotland, Monday. JON SUPER/THE ASSOCIATED PRESS

Zach goes on attack in playoff

BRITISH OPEN

Johnson wins claret jug, Spieth finishes tied for fourth

Jordan Spieth's spirited bid for a Grand Slam was stopped Monday by Zach Johnson, who is no longer just a normal guy from Iowa.

Not with a claret jug to go with that green jacket.

Johnson captured his second major — this one at the home of golf — winning the British Open in a playoff over Louis Oosthuizen and Marc Leishman that capped off five wild days at St. Andrews and a suspense-filled final round.

Most eyes were on 21-year-old Spieth. No one ever came closer to the third leg of the Grand Slam.

Spieth fought back from taking four putts for a double bogey on No. 8 with back-to-back birdies. He rolled in a 50-foot birdie putt for a share of the lead with two holes to play. After missing an eight-foot par putt on the 17th hole, he needed a birdie on the closing hole to join the playoff.

"Up and down for a playoff," was the last thing Spieth said to caddie Michael Greller from about 90 yards away. It was too far right and rolled to the edge of the Valley of Sin short of the green, and his birdie attempt up the slope stayed inches left of the cup.

"We gave it a great effort," Spieth said.

He joined Arnold Palmer, Jack Nicklaus and Tiger Woods — the three biggest names in golf over the last half-century — as the only players to capture the Masters and U.S. Open, only to come up short in a quest for the holy grail in golf — all four professional majors in the same year.

Jordan Spieth
GETTY IMAGES

12

Johnson now has two majors among his 12 PGA Tour wins

Johnson won the Masters in 2007 and described himself as just a normal guy from Cedar Rapids, Iowa.

Not any more.

The 39-year-old Johnson now has two majors among his 12 PGA Tour victories, an astounding record and an example that a good wedge game and putter can still go a long way in this era of the long ball. Johnson was in tears when he was interviewed off the green, and he cradled the jug after his acceptance speech.

"I'm grateful. I'm humbled. I'm honoured," Johnson said. "This is the birthplace of the game, and that jug means so much in sports."

On a tense afternoon of shadows and showers on the Old Course, Johnson closed with a 6-under 66 by holing a 30-foot birdie putt on the 18th hole in regulation, and caddie Damon Green strutted and flapped his arms in his celebratory chicken dance.

It was the first British Open playoff since Stewart Cink beat Tom Watson at Turnberry in 2009, and the first involving more than two players since 2002 at Muirfield, the year Woods failed in his bid for the third leg of the slam.

Oosthuizen was a runner-up for the second straight major. He was one shot behind Spieth in the U.S. Open at Chambers Bay.

THE ASSOCIATED PRESS

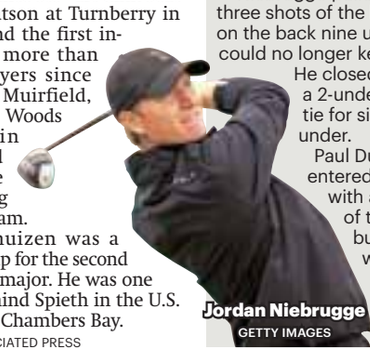
TOP AMATEUR

Jordan Niebrugge had an outside shot at the silver claret jug. He was more than happy to leave St. Andrews with a silver medal.

Niebrugge pulled within three shots of the lead on the back nine until he could no longer keep up.

He closed with a 2-under 70 to tie for sixth at 11 under.

Paul Dunne entered Monday with a share of the lead but closed with a 78 to tie for 30th.



Jordan Niebrugge
GETTY IMAGES

‘Playing for the name on the front’

Former Carleton Ravens star Aaron Doornekamp brings veteran international know-how to the Canadian men’s basketball team . LEO RAMIREZ/AFP/GETTY IMAGES

PAN AM 2015

Canada hoops squad not dwelling on absent stars

At the tender age of 29, Aaron Doornekamp is a grizzled veteran of the men’s Pan Am basketball squad, one of two players born before the Berlin Wall came down.

He first wore the Maple Leaf when the Pan Ams were held in Brazil in 2007, and has since represented his country on six occasions.

“We’ll see if I get upgraded to first class one of these times,” he joked Monday when asked about the miles he’s logged playing for Team Canada.

The six-foot-seven forward from Napanee, Ont., has mingled with his share of Canadian basketball talent.

And even though there’s been much discussion about who isn’t on the 12-man roster — ahem, Andrew Wiggins — Doornekamp said the crew they’ve assembled is ready to mirror the success of the women and make a run for the gold medal.

“I think we’re going to be pretty tough to deal with,” he said shortly after practice at the Ryerson Athletic Centre, where the Canadians will open against the Dominican Republic on Tuesday.

“It can be an exciting thing to be able to play at home, and we have to use that energy and that enthusiasm to our advantage.
Jay Triano.

“It doesn’t matter who’s here. We’re here to win... It’s cutting out the name on the back of the jersey and playing for the name on the front.”

The team put together by head coach Jay Triano and Canada Basketball assistant GM Rowan Barrett features Doornekamp and 34-year-old Carl English, but also a core of younger players. Fresh out of high school and suiting up for NCAA powerhouse Kentucky in the fall, 18-year-old Jamal Murray is expected to see significant minutes at point guard, while Dillon Brooks, 19, was a late addition after playing for Canada’s under-19 team at the FIBA world championship in Greece.

The Pan Am team also includes Anthony Bennett of the Minnesota Timberwolves, the first overall pick in the 2013 NBA draft, who is expected to man the front court with Andrew Nicholson of the Orlando Magic. TORSTAR NEWS SERVICE

Former NBA No. 1 pick Anthony Bennett GETTY IMAGES

GREGORY BULL/THE ASSOCIATED PRESS

Games at a glance

Around Toronto. Patricia Bezzoubenko, of Thornhill, Ont., clockwise from top. won a silver medal in rhythmic gymnastics with a score of 15.933. Canada’s women’s handball team (0-2-1) tied Puerto Rico 21-21 in its last preliminary-round game. The Canadians finished tied for third in group A. Jason McClintock of Cambridge, Ont., finished tied for fourth with a result of 3.50/58/11.25 and qualified for the water-skiing final. Maxime Potvin of Quebec City defeated Terrence Jennings of the U.S., 13-11, in the men’s 68kg taekwondo semifinals and was going for gold later Monday. Go to metronews.ca for more results.

CHRIS YOUNG/THE CANADIAN PRESS

MARTA IWANEK/TORSTAR NEWS SERVICE

TRACK AND FIELD

Ready to rock out of the blocks Tuesday

Andre De Grasse will look to build off a productive NCAA track career at the Pan Am Games. GEOFF ROBINS/AFP/GETTY IMAGES

It is seldom that Canada’s track and field athletes get to show their stuff in front of appreciative home audiences and they seem poised to announce their Pan Am Games presence with authority.

The Games meet kicks off Tuesday morning at York University and Canada could begin wracking up medals right off the bat.

Women’s javelin tosser Liz Gleadle, men’s pole vaulter Shawn Barber and women’s 5,000-metre ace Jessica O’Connell headline the opening morning session of the five-day meet that is one of the marquee attractions of the Games.

And the newest track star seemingly destined for greatness, sprint sensation Andre De Grasse runs his 100-metre heat.

The Americans have sent very much a ‘B’ team to Toronto, holding back their best for the worlds while other Pan Am countries aren’t likely able to match Canada’s depth.

So Tuesday morning could be a prime example of Canada’s overall talent coming to the fore. TORSTAR NEWS SERVICE

MARK BLINCH/THE CANADIAN PRESS

Tour leader's teammate crashes on final descent

CYCLING

Chris Froome set to battle challengers in the Alps

Two bright-yellow Tour de France arrows attached to a telephone pole were telling Geraint Thomas to veer sharp right.

He rode straight into them.

Roadside spectators on the hairpin bend both froze and scattered as the burly Welshman barrelled toward them. Braking frantically, one shoe unclipped from his pedals, the right-hand man for race leader Chris Froome tried to shave off speed.

No joy.

A spectator's folded plastic chair flew as the racer for Team Sky careened into the pole, shoulder and helmeted-head first. Thomas bounced off it like a tossed rag doll and disappeared over a drop-off into a dark thicket of woods.

At least he finished Stage 16 with his sense of humour intact. Asked if he still remembered his name, Thomas jokingly replied: "Chris Froome."

Had it really been race leader Froome, not Thomas, who crashed on the stage's hair-raising final descent in the foothills of the Alps, their Team Sky bosses wouldn't have seen the funny side.

Great Britain's Christopher Froome, wearing the overall leader's yellow jersey, rides in the pack during the 183-km fifteenth stage of the 102nd Tour de France on Monday between Mende and Valence in southern France. ERIC FEFERBERG/AFP/GETTY IMAGES

CLOSEST RIVAL

Froome's closest rival remains Nairo Quintana, trailing by 3:10. Last year's champion, Vincenzo Nibali, clawed back a few seconds by riding away from Froome's group on the last climb. But the Italian is still 7:49 off the lead, in eighth place.

Surviving the tortuous downhill bends raced at speeds of 70 km/h or more with his body and race lead still in one piece means that Froome now only has four days of climbing to get through before the British rider sips a flute of champagne Sunday on the Champs-Élysees.

Outwitting Peter Sagan, who took heart-in-the-mouth risks on the descent, Spanish rider Ruben Plaza Molina rode triumphantly into the finish at Gap as the solo winner. Crossing the line, Plaza sucked his right thumb as a wink to his young son.

> **"I'm sure it will take more than a knock to the head to keep him out. He's Welsh. People from Wales are tough.** Team Sky manager Dave Brailsford

The Lampre-Merida rider reached the top of the stage's last climb with about a minute's lead on Sagan, who rides for Tinkoff-Saxo.

As they both sped down, with Sagan gaining, Plaza's team kept him updated on the time-gap via his earpiece radio.

"That allowed me to go down quickly, but still carefully," Plaza said. "The descent is very, very dangerous."

Plaza and Sagan are not challengers for the podium in Paris, which is why Froome let them get away. They were part of a group of two dozen riders who rode off from the main pack, hunting for the stage win before Froome and his challengers do battle in the Alps after a rest day on Tuesday.

Victoria's Ryder Hesjedal was in 71st place, over an hour and 40 minutes behind Froome. Langley, B.C., native Svein Tuft was 167th.

Sagan beat his heart several times as he crossed the line 30 seconds behind Plaza. Sagan said he copied the chest-thump from the Leonardo DiCaprio movie, The Wolf of Wall Street. The Slovak has been a wolf on the road, constantly hunting for wins — so far without success. This was his fifth second place at this Tour.

Thomas's crash wasn't his fault. French rider Warren Barguil tried cutting the bend and collided with the Welshman, sending him on to his close encounter with the telephone pole.

The Giant-Alpecin rider was apologetic. He said he had wanted to brake but his finger slipped.

"I was very frightened," Barguil said. "I didn't do it on purpose."

Having clambered out of the bushes, Thomas remounted his bike.

"Then the mechanic came with the other one, so I jumped on that," he said. "Probably wasted a few seconds."

To be exact, 38 seconds. That's how much time he lost on the stage to Froome and other podium contenders. Froome understandably didn't hang around to see if his teammate was OK. Froome, after all, has a Tour to win, while Thomas is just his support rider.

Still, the crash is a setback to Thomas' chances of joining Froome on the podium in Paris. At the start of the stage, Thomas was 4 minutes and 54 seconds behind his Team Sky leader. Now he is 5:32 back, still in sixth place overall.

THE ASSOCIATED PRESS

FIFA

Blatter to remain prez until February

Sepp Blatter had a good day at the office on Monday, even if a prankster tried to spoil it by showering the FIFA president with fake dollar bills at a news conference.

Nothing could spoil Blatter's day after he outwitted some of his FIFA opponents to earn precious extra time as their president and enjoy more such days in 2016.

Mastering FIFA politics yet again, amid calls to step down immediately, Blatter is set to stay atop world soccer for seven more months after FIFA agreed Monday on a Feb. 26 election to replace him. Blatter was in such a good and defiant mood that he quickly shrugged off a chaotic start to his first major public appearance since a stunning resignation statement last month.

Sepp Blatter GETTY IMAGES

A British comedian who gatecrashed the news conference at FIFA's headquarters threw the fake bills in the air after making a spoof statement about supporting North Korea to host the 2026 World Cup.

The image of Blatter cowering under a spray of money was powerful amid ongoing American and Swiss federal investigations of FIFA corruption, yet he regained his poise.

"I just called my late mother," he quipped on returning to the room minutes later, "and she said, 'Don't worry, it's just a lack of education.'"

Still, it made for an uneasy start with international networks and FIFA's own YouTube channel broadcasting the news conference live.

"Where is my security?" Blatter had shouted.

The interruption provided an awkward reminder of a far more serious incident for FIFA in May, when the arrest of soccer and sports marketing officials plunged the game's ruling body into its deepest crisis.

Jolted by the dual criminal investigations into bribery and money laundering, Blatter announced four days after being elected for a fifth term that he would leave FIFA.

"It was not only the pressure of any authorities ... it was also the pressure of political interference and also the pressure of you, media," said Blatter, who is a target of the U.S. investigation.

THE ASSOCIATED PRESS

NHL

Quebecor enters bid for expansion team

Quebecor Inc. has entered the running for an NHL expansion team.

The media company wrote on its Twitter account that it submitted its "candidacy for the NHL expansion process in order to bring the Nordiques back to Quebec City."

2017-18

The NHL has said the earliest any expansion would happen is the 2017-18 season.

The NHL announced last month it was opening the formal expansion process. The application process began July 6, with the first stage lasting until Monday. Quebec City has not had an NHL team since the Nordiques left became the Colorado Avalanche in 1995.

Quebecor is among several groups that has expressed interest in an expansion franchise, along with Las Vegas, Seattle and others. THE CANADIAN PRESS

IN BRIEF

Predators sign forward Craig Smith to $21M deal

The Nashville Predators have avoided arbitration with Craig Smith by signing the forward to a $21.25 million, five-year contract.

General manager David Poile announced the deal with the restricted free agent on Monday.

Smith, 25, has scored at least 20 goals in two straight seasons. He had five points in six games in Nashville's first-round playoff loss to Chicago.

THE ASSOCIATED PRESS

NHL

Oilers ceremony to honour Glen Sather

The Edmonton Oilers will raise a banner at Rexall Place to honour former coach, general manager and executive Glen Sather.

The ceremony will take place Dec. 11 before a game versus the New York Rangers. Sather, who coached the Oilers to four Stanley Cup championships, is currently the Rangers president.

Sather will become the ninth Oiler to be honoured with a banner, joining Al Hamilton, Wayne Gretzky, Jari Kurri, Grant Fuhr, Paul Coffey, Mark Messier, Glenn Anderson and longtime radio broadcaster Rod Phillips.

Glen Sather GETTY IMAGES

Sather was inducted into the Hockey Hall of Fame in 1997. He won four Stanley Cups as the Oilers head coach (1984-88) and a fifth in 1990 as the team's president and general manager. THE CANADIAN PRESS

RECIPE Tomato, Avocado, Crouton and Parmesan Crisp Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Serves 6

Ingredients

- 1 cup freshly grated Parmesan cheese (4 oz)
- 4 slices French baguette (1/2-inch thickness), cut into cubes
- 1 Tbsp grated Parmesan cheese
- Salt and pepper
- 4 cups cherry or grape tomatoes, sliced in half
- 1/2 cup diced ripe avocado
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp Dijon mustard
- 1/2 tsp minced garlic
- 3 Tbsp chopped basil

Directions

1. To make the Parmesan crisps: Preheat the oven to 375 F. Line a baking sheet with parchment paper. With a 1 Tbsp measuring spoon, place the cheese on a baking sheet, making 12 rounds. Bake for eight minutes.
2. At the same time, place baguette cubes on small baking sheet lined with foil. Spray with vegetable oil and sprinkle with 1 Tbsp Parmesan cheese and salt and pepper. Bake for eight minutes or until toasted.
3. Place tomatoes and avocado on serving platter. Combine ingredients for dressing and pour over top. Garnish with baguette croutons and Parmesan crisps.

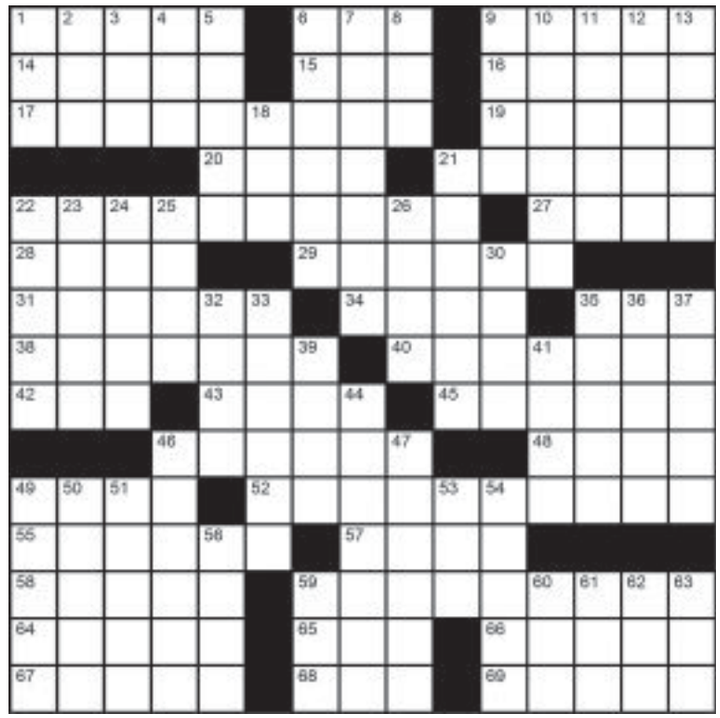
Nutrition per serving

- Calories 180
- Carbohydrates 4 g
- Total fat 12 g
- Sodium 350 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Earthquake! San Andreas _
6. Owl's question?
9. White-plumed heron
14. Spelled-out "Star Wars" (1977) character, _-Detoo
15. Diving bird
16. Sincerely
17. Musee des _-_ de Montreal
19. Preps teeth for fillings
20. "Canadian _" (Talent show Ben Mulroney hosted)
21. Gilligan's building material on the Island
22. 1979 Rupert Holmes hit: "Escape (The _ _ Song)"
27. History Channel's "_ Stars"
28. Adam and Eve's grandson
29. Harps on
31. Even though
34. _ _ date (Book the chapel)
35. 'Violin' suffix
38. _ Park (Amusement park near Calgary)
40. Pepper stuffed into an olive
42. Iris locale
43. Expanse
45. Milk container
46. Lord's Prayer part: "..._ _ _ in heaven."
48. Cast-_ pan
49. Glow
52. Emergency exit stairway: 2 wds.
55. Immerse
57. Move like a river
58. Rome's home
59. _ Museum (Heritage attraction in Winnipeg which was the home of Sir Hugh John Macdonald (son of our first Prime Minister) who was briefly the Premier of Manitoba
64. "When pigs fly!"
65. Miner's find
66. Kitchen gadget
67. The Shopping Channel host Ms. Culliford
68. Mal de _ (Seasickness)
69. Impulsive

DOWN
1. The _ Four (The Beatles)
2. Queen's "We _ the Champions"
3. Stage actress Ms. Hagen
4. Mr. Diamond Phillips
5. Britney Spears hit
6. "Ghostbusters" (1984) star Mr. Ramis
7. Wanted Poster fugitives
8. Sanctions
9. Sicilian volcano
10. Grouches
11. Dance style
12. _ macaroni
13. Model/actor Mr. Beckford
18. Brouhaha
21. Sea in Europe; or, Monopoly board avenue
22. Alberta's _ River
23. Mosaic component
24. Aristocratic
25. "...or to take arms against _ _ of troubles..." - Hamlet
26. Shallow's opposite
30. The Dalai _
32. Stevie Wonder's "_ _ Made to Love Her"
33. Duty
35. The 'I' in IV
36. Brownstone stairway
37. Large weight unit
39. Himalayas hairy humanoid
41. Country singer Mr. Church
44. Price paid by a plane's passenger
46. Protector-from-harm charm
47. Vendor
49. Human _
50. Door sign
51. Tequila plant source
53. Long time
54. _ of fabric
56. Constellation for the star Vega
59. Suffix with 'Free'
60. Canadian choo-choo company
61. First aid team, e.g.
62. Soak flax
63. Blue Rodeo hit

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is a danger today that you will convince yourself that you can master something that does not come easy to you. It won't do much for your ego if and when it goes wrong.

Taurus April 21 - May 21
Your confidence may be sky-high but you are advised not to take too much for granted. What you gain over the next 24 hours could easily be lost through over-confidence later.

Gemini May 22 - June 21
If you are going to criticize someone today make sure you stick to the facts. If you exaggerate your complaints they will, quite rightly, complain that you are getting personal. It might be best to say nothing at all.

Cancer June 22 - July 23
You need to keep things simple over the next few days. Some things are important but most things are not, so go easy on yourself.

Leo July 24 - Aug. 23
You will need to keep your wits about you today, especially when dealing with money. It is unlikely that anyone is trying to cheat you intentionally but you cannot be too careful.

Virgo Aug. 24 - Sept. 23
If you tackle problems one at a time today you will get through the day with no trouble at all. But if you tackle them all in one go you will confuse yourself to such an extent that nothing worth doing is likely to get finished.

Libra Sept. 24 - Oct. 23
You are entitled to your beliefs and opinions. You are certainly under no obligation to submit to cross examination from people whose perspective on life is the opposite of your own.

Scorpio Oct. 24 - Nov. 22
Let your thoughts roam free today. If there are no limits to what you can imagine there will be no limits to what you can achieve, creatively or romantically. What is possible? Anything.

Sagittarius Nov. 23 - Dec. 21
Whatever challenges you face over the next few days you will tackle with ease. Your confidence is so high that even those above you on the ladder of success will ask you for advice.

Capricorn Dec. 22 - Jan. 20
You may be on a tight schedule but you still need to make time for people who depend on you for support. What you do for them now they will do for you tenfold in the future.

Aquarius Jan. 21 - Feb. 19
Don't be afraid to voice your point of view, even if it is seriously at odds with what majority opinion believes. It's not about quantity, it's about quality, and your arguments are on a much higher level than most.

Pisces
Feb. 20 - March 20
Someone you are fond of will please you today but someone else will annoy you. Your mood will depend on how you choose to react.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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